



On a recent trip to Norway, I had the pleasure of enjoying crisp breads (knekkebrød) topped with butter, herb purées, cucumbers, smoked salmon, and hard-boiled eggs. Crisp and dry like a cracker, these seeded breads are an all-day Norwegian staple. It's said they date to the time of the Vikings – their long shelf life makes them ideal for distant excursions. They make a versatile accompaniment to almost any occasion, and I keep them on hand, enjoying the crisp crust and that wholesome nut-and-seed flavor. They come together quickly with just a few pantry ingredients. You'll serve them with pride, knowing they came from your oven.

- Leslie Mackie

INGREDIENTS:

- 1/4 cup sesame seeds
- 1/2 cup sunflower seeds
- 1/3 cup pumpkin seeds
- 1/3 cup flax seeds
- 2 Tbsp chia seeds
- 1/2 cup buckwheat flour
- 1/4 cup rye flour, or teff for gluten free
- 1/4 tsp kosher salt
- 1/4 cup olive oil
- 3/4 cup boiling water
- 1/2 tsp flaky salt

DIRECTIONS:

Preheat the oven to 300°F. Line two rimmed baking sheets with parchment paper.

In a medium bowl, stir together the sesame, sunflower, pumpkin, flax, and chia seeds. Add the buckwheat flour, rye (or teff) flour, and kosher salt. Mix well. Add the olive oil and boiling water, then stir 2-3 minutes with a wooden spoon until the mixture thickens and holds together.

Divide the batter evenly between the prepared baking sheets. Wet your hands and press the batter to about 1/2-inch

thick. Lay a second sheet of parchment over each pan and roll to an even 1/8-inch or thinner. Carefully peel off the top layer of parchment.

Sprinkle with flaky salt. Bake for 50 minutes, rotating the pans halfway, until crisp and golden brown.

Let cool for 30 minutes. Snap into crackers and store in an airtight container until ready to serve. Enjoy!